



Dear Ingoma Readers,
We trust that you had a fantastic Easter break. Welcome to the 10th edition of the Ingoma.

As has been with the past editions, we promise to deliver engaging and relevant content in this last term of the academic year. In addition to keeping you updated on the latest events in our community, there will be plenty of informative articles on a wide range of subjects, quizzes, and community challenges amongst other exciting things.

We would also like to take this opportunity to wish all candidates good luck in the forthcoming exam season.

We look forward to your readership and an exciting term ahead. For any feedback or suggestions please get in touch with the Ingoma team via: editor.ingoma@risu.sc.ug.



In this edition

- Update from Primary Learning Support
- Tips for managing exam stress
- Bookflix
- ALAMAU trip to Johannesburg
- Primary COBIS trip to Mombasa
- UG Model United Nations
- World Scholars Cup
- International Primary Choir Festival
- Secondary Talent Show

Save the date.....

- 23rd April - Enrichment begins
- 26th April - Food & Nutrition Bake-off
- 1st May - school closed
- 15th May - Geography trip to Arena Mall
- 16/17th May - school closed
- 23rd May - Y7-10 Exams
- 10-14th June - Y10 work experience



Understand concepts deeply, not just memorize facts
Quiz yourself often for better retention
Condense notes for quick review
Break complex topics into manageable parts.
Use diverse study methods for better understanding

Update from the Primary Learning Support Department

Support for all children

The Primary Learning Support department has become increasingly intentional in providing services to ALL children in Primary, by drawing on the expertise of all our teaching staff – class teachers, teaching assistants, specialists and learning support staff. Noteworthy this year has been our whole-school emphasis on phonics intervention; the current drive to carry out diverse in-house assessments by our learning support specialists; the periodic Year Group pupil progress meetings (PPMs) where assessment data is regularly and critically analysed by the subject leaders; and the classroom intervention tracking logs that are regularly updated and monitored.

By adopting the proverbial all-hands-on-deck stance, the Primary teaching team has gained an unprecedented laser-like focus in our bid to promote progress for all children in primary. This approach has ensured that children are monitored on a regular basis and all children who do not make the anticipated progress, regardless of their attainment levels on the assessments, are given the necessary support in the classroom, extra individualised intervention and/or small group intervention sessions where individualised targets can be met.

SEND

Our children whose unique learning needs call for special educational provision continue to benefit from the intensive support given by our committed learning support personnel, including 1:1 learning assistants (LAs) . Support is also given for social, behavioural and emotional needs, as well as for difficulties in fine and gross motor, processing, memory and reasoning skills, among others. For children in EYFS, support is provided within their regular classroom environment.

Life skills

Life skills continue to be offered for some of our students. This has been a highlight particularly for those for whom some skills for the usual day-to-day activities are impeded because of specific (often neurological) conditions. A range of activities are offered, including cooking, gardening, self care and fine/gross motor activities, among others.



English as a Second Language (ESL)

In Primary, ESL continues to be delivered as part of Learning Support. Our new non-English speakers find, in the ESL programme, a nurturing environment that naturally opens up for them the necessary tools for basic communication in English. It is gratifying to see that several of our ESL learners have been reintegrated into their classrooms and they are sharing their learning with their peers as testament to the fact that communication barriers are being lifted. Non-English speakers in EYFS are catered for as part of the continuous provision programme in EYFS whilst being monitored by the Learning Support team.

Therapies

This year has seen an increase in the number and variety of therapies offered to our students. Children who require specialised services/therapies such as speech and language development, occupational or physiotherapy are referred to professional therapists for evaluation and subsequent therapy services provision. With this arrangement, our learning support staff get to work alongside fully qualified clinicians to implement and consolidate interventions identified to meet the children's desired targets. Intervention is made possible under the guidance of the whole school SEND Coordinator. Most exciting is the fact that all these therapies take place right here at school, in our SEND home – the Rainbow School House.

Mrs Joyce Wandawa

Head of Primary Learning Support



Primary Learning Support Team:

Mr O'Hagan; Mme Mpagi; Mrs Wandawa; Mrs Ngyema; Ms Akena; Mrs Kanabahita (Miss Candy)

How to help your child manage exam stress

(tips for parents)

Exams are often a source of stress for young people. This blog explains how parents can help their children cope with exam pressure and achieve their potential, while also protecting their mental health.



Listen to their concerns

It's important to understand that your child may be feeling worried at this time, and that this is normal. Encourage them to talk about their concerns, and reassure them that their feelings are valid and that you are there to support them.

Help with exam preparation practicalities

Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence. It will also help ensure everything is covered.

Discuss different revision techniques and help your child to identify which suit them best. It could be making flashcards or mind maps, watching online revision videos or talking questions through. If there are topics your child finds particularly difficult, make sure their revision plan targets these. And offer support by listening to a recap or testing them on what they have learned, if they find this is helpful.

Ensure they have a distraction-free place to study. This could be at school if there isn't a suitable space at home.

Encourage healthy routines

Sleeping well, eating regular healthy meals and relaxing are important for everyone's wellbeing. Encourage your child to stick to healthy routines and to make some time for activities they enjoy – such as exercise, doing something creative, getting fresh air, seeing friends playing in person or online – as these help reduce stress.

Revision is most effective when combined with regular breaks, so make sure that your child does step away from their books. You could suggest a cup of tea and a snack, a quick walk or a TV programme they enjoy.

Relaxation techniques, such as focussing on breathing slowly or shoulder rolling, can reduce stress or help your child sleep if they are finding it difficult to unwind.

Promote a sense of perspective – and don't add to the pressure

Young people can feel overwhelmed by pressure to get high grades in exams. It comes at them from school, peers, social media influences and more. So, while it's normal to want your child to do well, it's really important that you avoid heaping on more pressure, and that you help instil a sense of perspective. Avoid nagging and over-policing their revision.

Encourage your child to focus on realistic goals of their own, rather than to compare themselves critically to their peers or to worry about expectations other people have of them. This applies both to the amount of revision they are doing and to the results they feel they should get. If they are struggling, focussing primarily on the core subjects (maths, English, science) as well as one or two others they enjoy, may reduce stress and allow them to progress to their intended next steps.

Reassure your child that exam results do not define them; that they are far from the only measure of success; and that you are proud of them whatever happens on results day.

Look out for signs that your child is struggling

While some degree of worry or nerves around exams is to be expected, do be aware of signs that anxiety levels may be building. These can include sleep or appetite problems; difficulties with concentration; or physical symptoms such as nausea, sweating or palpitations.

If your child's anxiety is spiralling, encourage them to talk to you, or perhaps to a teacher, about how they are feeling. If you are worried that your child may be experiencing depression or longer-lasting anxiety, discuss this with the GP.

Be positive

Let your child know that you believe in them and feel positive about their future. Planning a special treat and talking about things they are looking forward to after exams can help them feel positive, motivated and less worried.



Talent Show



The secondary RISU talent show happened on Friday 12th April! There were 18 talented groups and soloists from years 7 to 13, with a great mixture of music, dance, comedy, magic and poetry. I was very impressed by the quality and confidence of our students who took part – well done!

There was a big audience of students, parents and staff, and the atmosphere they created and the support and noise they generated was impressive! We had two judges for the show – Mr Patrick Kitego, a professional musician, and the Ugandan pop star Navio. RISU certainly has talent – start preparing now for next year's show! Thanks to everyone who helped to organise the event and who assisted during the show, and congratulations to everyone who took part!

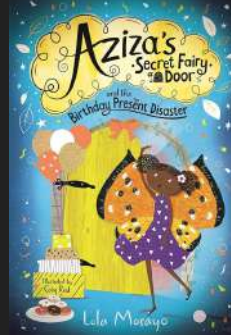
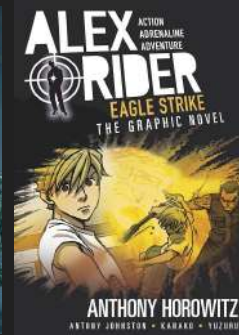
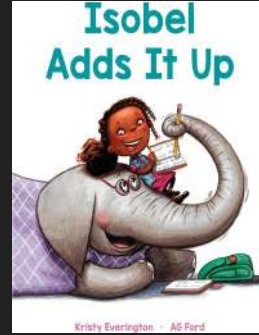
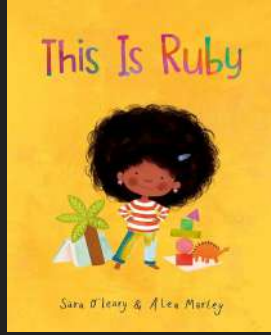
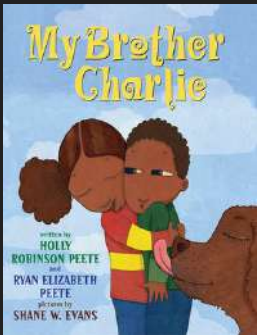
Mr Brooks



BOOKFLIX

Each week we will use this section to show you new books available in our primary library as well as what is popular right now with our primary children.

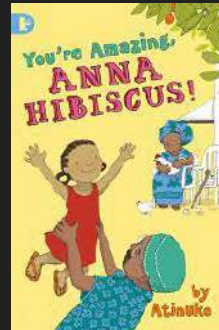
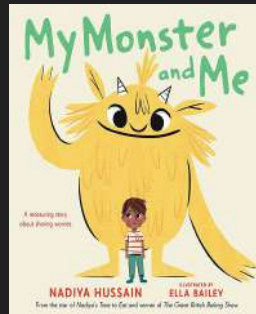
NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

Suitable for age 8-12 years

TRENDING NOW



REVIEWS

last kids on earth
kurtis4sm

THE LAST KIDS ON EARTH
QUINT AND DIRK'S HERO QUEST
MAX BRALLIER
Illustrated by DOUGLAS HOLGATE

I like this story because it is about four kids that fight zombies and the kids are not afraid of any zombie

my dad's got a alligator-jama

LAUGH YOUR SOCKS OFF WITH
JEREMY STRONG
My Dad's Got an Alligator!

I loved this book it mayed me lagh out loud like on chapter5and 6 so I think you will like it to.

Amari and the night brothers

AMARI AND THE NIGHT BROTHERS
B. B. ALSTON

This book is about a girl called Amari that finds out she has magic. Then everyone thinks she is evil but she proves them wrong by defeating an extremely powerful enemy posing as a student Dylan Van Helsing

ALAMAU 2024

ALAMAU (African Leadership Academy Model African Union) 2024 served as a rigorous experience for all students involved. The 4 day long 11th session of ALAMAU consisted of a total 12 hours and 45 minutes of committee sessions where delegates debated on their given topics surrounding the conference theme “A Youth-Driven Continent: Pioneering a New Era” and were tasked to write resolutions that offered solutions to various youth-centric problems faced in Africa.



Workshops

Throughout the conference various workshops were held where delegates got to see the hard work of student entrepreneurs in creating organisations such as [Enlight Education](#) which focused on making education accessible to all by providing various digital courses on a device called the Book fo Everything and was founded by ALA students aswell as many other organisations surrounding healthcare, voter literacy and much more.

Diplomatic Round Table

At the Diplomatic Round Table delegates got to listen to the insights of actual members of the African Union under the African Peer Review Mechanism, surrounding the conference theme and also had the opportunity to ask questions.





Heads of State and Government

To wrap up the conference there were 6 hours and 30 minutes of Heads of State and Government spread over the last two days of the conference where the resolutions created by all committees were debated and voted on to form a final African Youth Charter that was sent to the aforementioned African Peer Review Mechanism creating a tangible way to involve youth in the growth and improvement of the African continent.



Recreation

In terms of fun, delegates had the opportunity to go out to a museum, a mall or an amusement park for a short while on the third day. There were also events such as the cultural day where delegates got to represent their countries with music and a gala dinner / delegate party where delegates got to listen to various musical performances.

Awards

Rainbow students did an amazing job getting various awards such as Honourable Mention Awards from Amogh Kothari, Maria Kirabo, Jay Patel, Alaba Rosette, Vivek Bhansali, Anuj Patel, Jamie Magezi and Miya Young; Best Delegate Awards from Karinah Kuch and Llewelyn Barungi, and a whole conference award, namely the Tartour Award from Llewelyn Barungi.



During the term holiday, the World Scholar's Cup - Kampala Round, was held at Galaxy International School and Hotel Africana (25th-27th March 2024) and the theme was "Reimagining the Present" During the three days, scholars were expected to participate in all four competitive events which included: The Scholar's Challenge, Team Debate, Collaborative Writing and the Scholar's Bowl. Subject included; History, Literature & Media, Science & Technology, Art & Music, Social Studies and Special Areas.

We had a total 46 students in 3-man teams with 10 Junior Division teams and 6 Senior Division teams.

My Experience

Personally, my World Scholar's experience was really good. The Scholar's challenge really did slap me, but the other challenges were fun. What did shock me were the debates, as I never did expect to do well there. But I was pleasantly surprised. Also day three was by far the most fun of them all. I hope to do World Scholars again someday, and I encourage you to join too. WSC has enhanced my skills in research, critical thinking, analysis, writing, appreciating team work and boosted my confidence in public speaking.

I thank our coaches Mr Oboth and Ms Jackie for guiding and preparing us for the competition as well as Mrs Maloba, Mrs Kutosi and Mr Kasule for being Debate judges and supervising us through out the competition.

I also thank the school for giving us an opportunity to gain this exciting and enriching experience.

Isabel Muhwezi – 9OB

The Team Debate was the challenge where one could get a chance to redeem themselves from the previous activities or set a stepping stone to victory for their team. The affirmative and negative teams were given a topic to debate on. Scholars put their all to secure a positive outcome for their team. If you did manage to win at least one debate, you left the debate room with a new sense of confidence. The Scholar's Challenge was considered the scariest and most difficult challenge. Scholars were given a multiple choice question sheet in which they had to fill in answers, and a question sheet to help guide them. Seems simple at first glance, but if you didn't study the material beforehand, you were in for a shock.





Collaborative writing was also a bit of a rollercoaster, but it allowed you to be creative and put your knowledge of something to the test. In this event, teams were required to each pick a different topic and question to write about. At the end, you were meant to analyse each other's work and help improve it where necessary once the answer was revealed.

The Scholar's Bowl was a multiple choice question quiz. However, this time you were working alongside your teammates in a game-show style session, where each team was given a clicker, and you had to click the answer you thought was right as displayed on the screen. All around you, you could hear other teams discussing, people screaming with joy if they got the answer right and "I told you so!" from random scholars once the answer was revealed.

Something different from all the activities held was the Scholar's Show, where talent was displayed from dancers, to singers, poetry, it was all amazing. We also had the Debate Showcase with one of our own Ananaya Jain appointed as a judge.

Finally, we all received alpacas as souvenirs and had the closing ceremony where scholars were awarded for their team and individual work. And all our teams qualified for the global round. Seeing your team, or one of the school's teams displayed on the screen for a gold or silver medal left you with a proud feeling. In the end of it all, everyone left the venue with a smile on their faces and plans to compete again.

Results: 2 trophies, 88 gold medals and 103 silver medals and ALL our teams qualified for the Global Round



**Fourth place overall team
Junior Division**



The First place writing team in the Junior Division



MUSIC DEPARTMENT

International Primary Choir Festival Kampala 2024

We are thrilled to share the wonderful achievements of our Year 4 learners at the International Primary Schools Festival in Kampala, held on the 21st of March 2024 at International school of Uganda. Our students participated with enthusiasm, leaving their mark on the event with their musical ability and teamwork. In their solo performance of "Sisi Ni Moja" (We Are One), they mesmerized the audience with their heartfelt rendition, spreading a message of unity and harmony that resonated deeply.



In collaboration with other schools, our students showcased their versatility in an ensemble performance of "We Don't Talk About Bruno" from Encanto, utilizing a variety of classroom instruments to deliver an energetic and captivating performance. In the joint choir piece titled "We're All But Love," they joined voices with students from other schools to deliver a touching performance that celebrated the universal language of music and the power of love to unite us all. These performances exemplified not only their musical talents but also their commitment to collaboration. Their success is a testament to the strength of our music programme and the passion of our students.

Uganda Model United Nations is a conference in which students represent different countries and bring forth resolutions that strive towards the betterment of the world in accordance with the selected theme. The purpose of UGMUN is to provide a space where students can develop their problem solving and collaboration skills while working in a political environment.

During the conference RISU students acted as delegates from various countries. They engaged in heated debates around the issues of water scarcity, all in an effort to agree on tangible solutions that could be implemented at the United Nations. In preparation, students delved into their countries foreign policy, its stance on global issues, and its cultural and socio-economic context. This preparation equipped them with the necessary knowledge and insights to effectively advocate for their countries interests and positions during the conference. Throughout this process students also improved their presentation, research, writing and formatting abilities, recognizing the imperative nature of organisation in such endeavours.

Philippe Okwe (year 12), Chair of the General Assembly, prepared to lead the delegates by reading handbooks and memorising procedures for the debate to ensure that everything went smoothly and fairly. While our delegates conducted extensive research using various internet and encyclopaedia sources, with a focus on history, stance on the topic, political policies and global issues.



However, not every part of the conference allows for preplanning. The topic for the Emergency session on Day 2 is not announced until the last minute, however all the countries had to come together and write a clause for a draft resolution on a dire situation – The Water Issues in the Gaza Strip. Collaborating with people whom they had never met before strengthened their networking, communication and teamwork skills, as they engaged in discussions with delegates from other countries enhancing their negotiation and diplomacy skills, aiding in finding common ground and building consensus on the proposed topic.





Students honed their public speaking abilities through delivering speeches and statements, keeping track of several responsibilities at once.

Overall, students think that the skills they learned and were able to develop during the conference, such as public speaking, presentation skills, research skills, writing and formatting, and diplomatic discussions are not only incredibly useful, but widely applicable regardless of the career they eventually choose to pursue. This has made them into highly flexible young adults who have valuable skills to add to any team, as well as being an all rounder in terms of abilities, which would open a lot of opportunities in the future.

RISU UGMUN Team 2024



Isabella and Julia (year 11) got awards for best speakers in their respective committees.



Primary COBIS Games Mombasa 2024



During the Easter holidays, a team of 6 boys and 7 girls traveled to Mombasa, Kenya, to take part in the COBIS Primary Games 2024, along with their coaches: Coach Benson, Coach Winfred and Mr Mark.

The competition from schools from all around the world was fierce! RISU's athletes showed skill and talent in athletics, swimming and football, winning a commendable number of medals for both individual and team events and, most importantly, showed exemplary behaviour, teamwork and good sportsmanship throughout the competition.

The RISU COBIS team had a fantastic learning experience, made lots of memories, and returned with exciting stories to share.

Day 1 Athletics

A spectacular opening ceremony where by 9 schools raised their country flags high with pride in a matching parade.

Students changed and had a quick warm up ready for the track and field events.

Excellent performance by the RISU team compared to the COBIS competitive levels and RISU primary team being a first timer.

Ted won a silver medal in 800m and Yahvi won a silver medal in javelin throw.

Day 2 Swimming

Excellent performances, especially from the boys team who won bronze medals for the 3rd best finish time in the relay..

Halvard won a silver medal in butterfly and a bronze medal in backstroke.

Day 3 Football

Both boys and girls football teams played 5 a side 10-minutes games.

With a show of good sportsmanship and resilience, the RISU teams were nominated for the fair play award. The boys' team made it to the quarter finals and lost in a penalty shoot-out. The girls' team narrowly missed the quarter finals due to the goals difference.



The team

Back (L-R): Toure, Halvard, Jude, Kwame, Christellah, Natalie, Habiba, Tabitha, Yahvi, Jennifer
Front (L-R): Jordan, Raei, Maiviki

Out of 9 schools, RISU finished in 7th position overall.